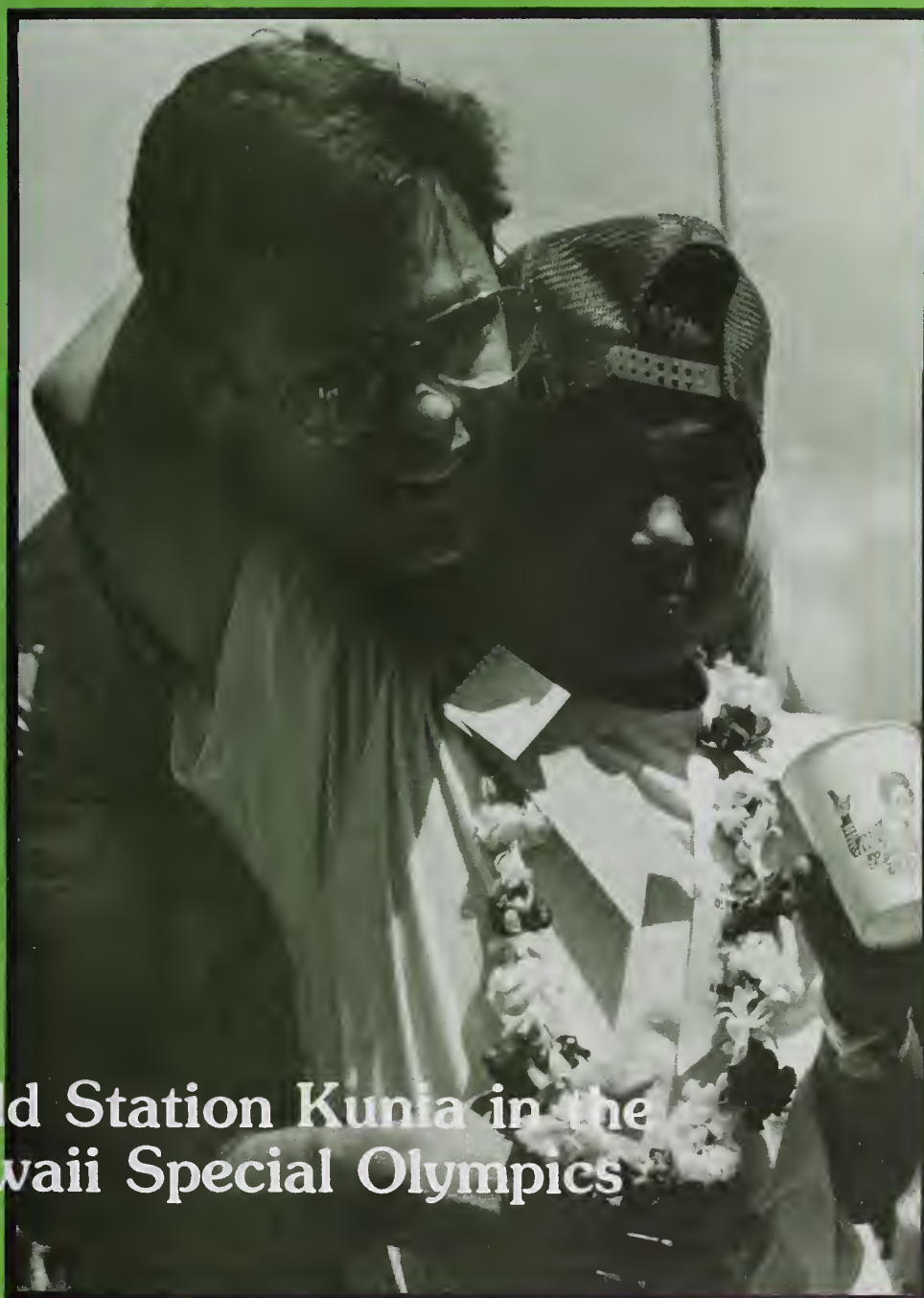


INSCOM *Journal*

August 1986



Field Station Kunia in the
Hawaii Special Olympics

VIEWPOINT

"Close understanding between members of our Armed Forces and members of civilian communities is most important to preserve the high level of national readiness necessary for safeguarding the free world."

—Gen. Nathan F. Twining

"He was like a rooster who thought the sun had risen to hear him crow."

—George Elliot, novelist

"And it is youth who must inherit the tribulation, the sorrow, and the triumphs that are the aftermath of war."

—Herbert C. Hoover

"Shake and shake/The catsup bottle./None will come,/And then a lot'll."

—Richard Armour, author

"Life is like playing a violin solo in public and learning the instrument as one goes on."

—Samuel Butler,
British writer

The Cover

Brad Wolfe, Field Station Kunia's Naval Security Group Activity, congratulates one young winner during the recent Hawaii Special Olympics held on the island of Oahu. (U.S. Army photo by Staff Sgt. Vicki Ohmacht)

COMMANDER
Maj. Gen. Harry E. Soyster

DEPUTY COMMANDER
Brig. Gen. George J. Walker

**COMMAND SERGEANT
MAJOR**
CSM Sammy W. Wise

PUBLIC AFFAIRS OFFICER
Lt. Col. Richard P. Holk

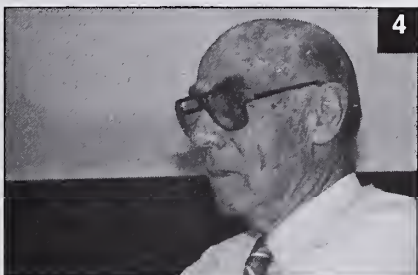
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Highlights



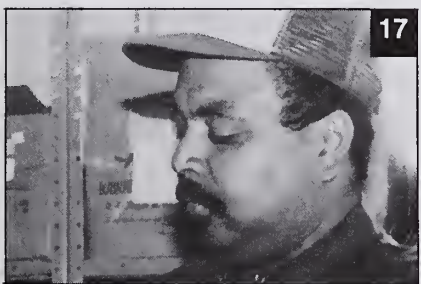
RETIRES AGAIN

Mr. Edwin Speakman retires for the second time. "It's time now to become a private citizen," he says.



MILITARY WIFE HONORED

In Korea, Mrs. Poni B. Carter was selected as the Greatest Mother of the Year.



MEET 'THE MAYOR'

At Vint Hill Farms Station, Mr. Jimmy R. Doores is known as 'The Mayor.'

INSCOM *Journal*

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Next Month

The 902d Military Intelligence Group will be featured in the Special Section.

Retires again

Second time around, his retirement offers chance for relaxation

By Lt. Col. Richard P. Holk

Ed Speakman has retired—again.

He retired for the first time on a Friday in 1981, but returned to work the next Monday as an annuitant. "I told Dorothy [his wife] that I promised the Army two years. It quickly became five. Now, it's really time to become a private citizen for a couple of months; then I'll decide what to do."

More than 300 guests attended a retirement ceremony honoring Mr. Speakman May 30 at Arlington Hall Station, Va. Amid the military ceremony, speeches of praise, commendations, a tent-covered reception, and applause, one factor came across clearly—Ed Speakman has been respected, revered, trusted and loved by leaders and workers alike throughout Army intelligence for nearly 20 years.

Now his retirement is official.

The *Journal* staff interviewed Mr. Speakman in his office on his final full day of work with the Intelligence and Security Command. He spoke warmly about his career in private industry and with the Defense Department.

Journal: How did you get interested in science and electronics?

Mr. Speakman: I was head over heels in love with electronics even in high school and college. As early as 1928 I had an amateur radio operator's license;

my call sign was W3AUR. I can still remember talking with Adm. Byrd's expedition during his first trip to Antarctica.

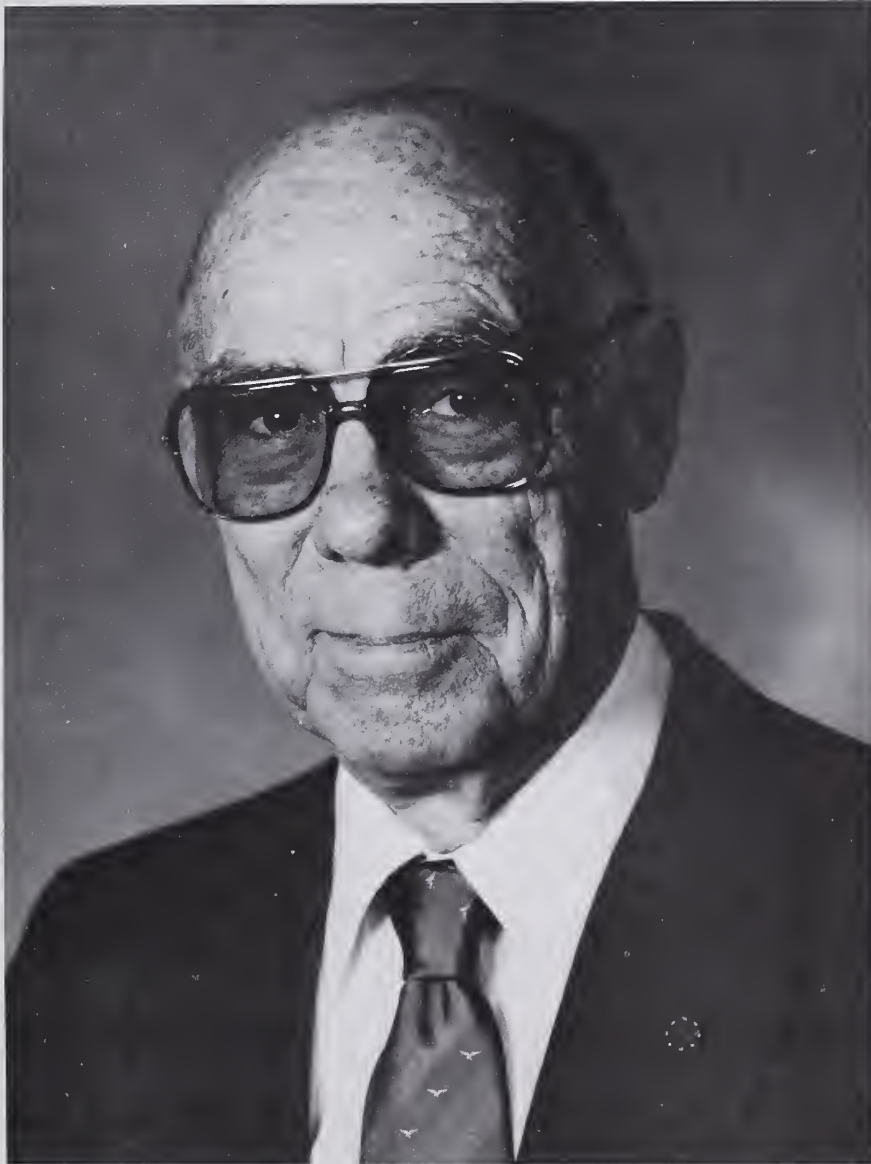
I think the automatic race timer was what really set me off. That got me a lot of guest lecture spots at schools so I could get students interested in science and technology.

Journal: Could you tell us more about the timer?

Mr. Speakman: As a college senior in 1931, I designed a photo-electric device to time people and horse races. It had an accuracy of 1/100th of the second. Even the best stopwatch then could only time to 1/10th of a second. It wasn't accurate because people couldn't start or stop the watch precisely. Runners' times were always off by a tenth of a second or more because the time-keepers started their watches when they heard the noise or saw the smoke from the starter's gun.

I designed the timer so my clock started when the starter fired his gun. When the first runner finished, he'd cross a light beam and stop the timer. My timer was a problem, though. Most racers' recorded times were about 2/10ths of a second slower than they thought they should be.

People were always telling me the timer was wrong. It wasn't. It took some time before people



Edwin A. Speakman

accepted it—but it was very accurate. I patented my invention in 1931 and eventually the National Collegiate Athletic Association adopted the timer. My idea is still in use today, with some modifications. For example, the addition of a digital clock to time horse races.

Journal: You hold another patent that most people use every day. Could you tell us how you designed it?

Mr. Speakman: Up until 1934 or so, automobile

roofs had a fabric insert. The car makers didn't know how to make a steel roof that wouldn't crack when it flexed. The roof had a built-in radio antenna made of chicken wire. So, as long as the cars had soft roofs, the radios worked. Then someone found out how to make sheet steel roofs—and the radios didn't work.

So, a new antenna was needed. The two major radio manufacturers then were Philco and Delco. Philco supplied all the car makers except GM. I

worked for Philco as a technician and made about \$200 a month. My boss, Bill Balderston, told me, "You go to Detroit and solve that antenna problem." So, I went.

Journal: What happened?

Mr. Speakman: I solved the antenna problem. But, it wasn't easy. I tried a lot of ideas. I tried antennas that curved over the roof (Studebaker used that idea for about three years). I put some under the running boards but they didn't work when they got muddy or were covered with snow. Finally, I tried one that was similar to my short-wave antenna. I couldn't find anybody who made a telescoping antenna, so I designed my own. I made the top of stainless steel and the bottom sections of high-carbon steel.

We even put a red ball on top so people wouldn't poke out their eyes. I didn't know it then, but the ball also eliminated a static electricity problem. I patented the invention in 1936. I got one dollar because Philco owned the rights to all employees' inventions. At least they doubled my salary. I guess the most exciting part of the project was that I got to talk about it with the likes of Henry and Edsel Ford, and K.T. Keller, the president of Chrysler.

Journal: Let's talk about today. Why did you stay with INSCOM so long, especially after you retired the first time?

Mr. Speakman: I think it's the people who work here. Most people here eventually think of INSCOM as a family. I knew that almost from the day I started working here when Maj. Gen. (Charles) Denholm hired me. I think the family feeling is because we honestly care about one another. I think that's uniquely ours.

Journal: What's been your greatest contribution to INSCOM?

Mr. Speakman: Getting people to think. I like to challenge people's beliefs. I tried to get people to think critically about new and improved systems, and how to improve intelligence operations. I hope, also, that I helped to promote initiative, drive and motivation in the intelligence community.

The fields of intelligence and technology are really only in their infancy, so there's a lot of room for thinking of better and more sophisticated ways of doing our job. Innovation is the key—the competition is smart and dangerous.

Journal: What message would you like to leave with intelligence leaders?

Mr. Speakman: Let's concentrate on promoting the interest, drive and motivation of the average soldier. We can't operate our newest, most sophisticated intelligence systems unless our soldiers know how to use them. The human element is more important than the equipment.

Journal: Any final thoughts before you leave INSCOM?

Mr. Speakman: I'm going to miss working here. It's been exciting primarily because of the friends and associations I've made here, and because of the interesting and stimulating subjects and systems being developed today. The people here have been like a family to me and Mrs. Speakman. We are going to miss working with them. It has been a real challenge, stimulating and exciting.

(Editor's note: Mr. Ed Speakman was honored during his retirement ceremony with a Department of the Army Citation for Meritorious Civilian Service, his 10th major award. His wife, Dorothy, received a certificate commending her support of his career.)

Major commendations, awards, and other activities

Army's Meritorious Civilian Service Award, 1986
Commendation for outstanding performance, U.S.

Army Security Agency, 1970

Special award, Institute of Electrical and Electronic Engineers, 1959

Commendation for survey of electronic warfare research and intelligence activities in England (Navy), 1948

Commendation for special electronic intelligence project aboard *USS Columbus* while on staff of Adm. R.L. Conolly, Commander-in-Chief, U.S. Naval Forces Atlantic and Mediterranean, 1948

Navy's Meritorious Civilian Service Award, 1948
Assigned to Special Anti-Submarine Warfare Project as advisor to Commander Submarines, Pacific, 1945

Invented telescopic automobile radio antenna, 1935.
Patent #2,146,654

Invented automatic electronic race timer, 1931.
Patent #1,950,273

Awarded scholarship of \$1,000 by Autocar Company of Ardmore, Pa., based on being ninth of 144 in high school class of 1927

Chronology of a Career

1931	<i>B.S. in Physics, Haverford College, Pa.</i>		
1931-1934	<i>Instructor in Radio, Assistant in Physics Haverford College</i>		
1934-1939	<i>Radio Engineer, Philco Corp., Phila- delphia and Detroit</i>	1958-1965	<i>Vice President, Missile Range Programs, RCA Service Company, Cherry Hill, N.J.</i>
1939-1940	<i>Physicist, Curtis Publishing Company, Philadelphia</i>	1965-1967	<i>Vice President and Director, Center for Na- val Analyses, The Franklin Institute, Arlington, Va.</i>
1940-1949	<i>Assistant Superintendent, Naval Research Laboratory, Washington, D.C.</i>	1967-1968	<i>Director, Office of Research and Develop- ment, U.S. Department of Transpor- tation, Washington, D.C.</i>
1949-1952	<i>Vice Chairman, Research and Development Board, Department of Defense</i>	1968-1986	<i>Scientific Advisor, INSCOM, Arlington Hall Station, Arlington, Va.</i>
1952-1957	<i>Vice President and General Manager, Guided Missiles Division, Fairchild En- gine and Airplane Corporation, Wyandanch, Long Island, N.Y.</i>		



INTELLIGENCE PEOPLE must be able to do a great job without public acknowledgment," said Secretary of the Army John O. Marsh Jr. during a recent visit to Arlington Hall Station. Speaking to people attending the Intelligence Law and Oversight Symposium, Marsh commended the professionalism of intelligence specialists throughout the Army. He also related intelligence oversight controls to *Values*, the Army theme for 1986. Before the speech, Marsh gave a bronze Army seal to Ed Speakman "to recognize his enormous contributions to the United States Army." See related story on page 4. (U.S. Army photo)

Key individuals sometimes act as carriers. They affect the physical and emotional health of employees and are one of the major factors interfering with an organization's ability to function effectively.

Personality flaws

Carrier's *personal* problems become *personnel* problems

By Dennis Kowal, Ph.D.

In looking closer at the different "carrier" personalities discussed in the March 1986 issue of the *INSCOM Journal*, we can identify some "fatal flaws" that eventually derail them in their quest for the organizational inside track.

Keep in mind that the qualities that may have gotten a carrier to that point in the system are also the same qualities that may derail him from the inside track. The subsequent fall from grace will occur for reasons such as the following:

- Strengths become weaknesses. A detail man gets promoted and fails to develop his long-range planning skills.
- Blind spots that were unimportant before suddenly become critical. Insensitivity to the human problems of an organization become extremely important when you are the boss—as a worker the insensitivity may have gone unnoticed.
- Fickle finger of fate strikes. An organizational decision affects the carrier's turf. For example, the carrier's division is reorganized out of existence or the carrier is overcome by a series of small problems poorly dealt with.
- Loss of humility. The carrier loses humility and invites hostility from co-workers and subordinates. It is easy for these two groups to forget that to err is human.

- Promoted beyond the competence level. Because the carrier always did what the boss *wanted* done, they never learned how to accomplish what *should* be done. As a result they are promoted to a position where they did not know how to accomplish what was expected of them.

WHAT CAN BE DONE FOR A CARRIER

It is evident that many of the characteristic "flaws" of carriers are not unique to them, but it's when these flaws are used to excess that they create significant problems for themselves and others in the workplace. As a co-worker or a supervisor, here are some strategies that may be of help in doing something for the carrier that will minimize his damaging effect on others in the working environment.

All flaws in personality are based on an exaggerated-need response.

The *Attention Getter* must be helped to recognize that he is basically good, and that he does not need to be constantly reassured, nor does he need to seek the attention of others in order to be appreciated.

The *Manipulator* needs to understand that there can be only three consequences for his behavior in the long run. By virtue of his "end-justifies-the-means" behavior, he will eventually self-destruct by

failing to adequately cover his treacherous trail, be ambushed by others he has abused, or eventually succeed only to find it lonely at the top. The manipulator must be helped to see that a sense of self-worth and accomplishment can only be built on a basis of sound value and integrity.

Attila the Hun has an overriding need to be seen as competent and strong; however, the "flawed" overbearing behavior that often accompanies this need creates resentment among co-workers and results in their thwarting his efforts. Attila needs to realize that his strength must be tempered by concerned care for others, and he will quickly discover that co-workers that are trusted, and trusting, work better than angry paranoid ones.

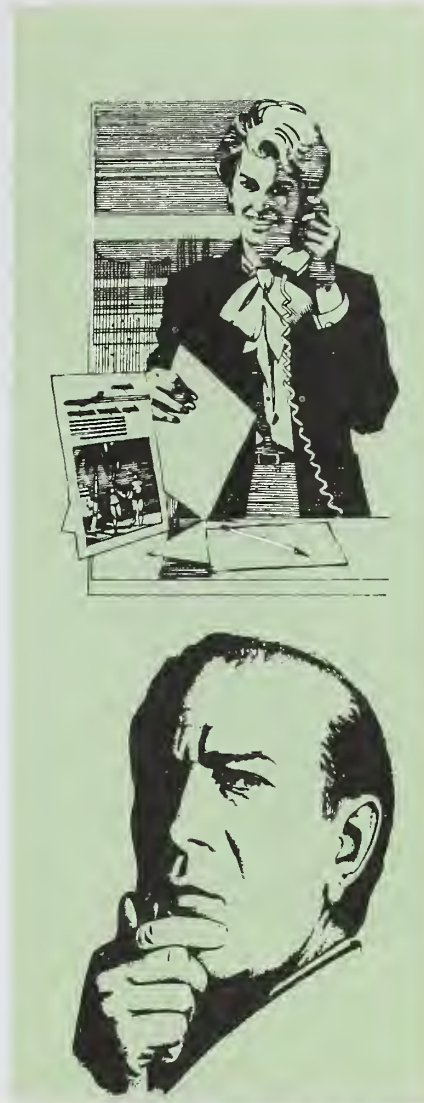
The Martinet spends a great deal of time attempting to control himself or exerting control over others. This exaggerated need produces an aura of tension that pervades everything that he does. Likewise, in the workplace projects take twice the time they should and invariably result in untold energy and time spent in useless conflict with co-workers, superiors or subordinates. The martinet needs to realize that his unresolved personal conflicts have been transferred to the workplace and that the enemy he is fighting exists only in his head. They need to see that taking orders and directions are part of the everyday requirement of group behavior, and are not designed to belittle his competence.

Willie Loman needs to understand how destructive and counterproductive his self-generated unhappiness is. He needs to recognize the heavy price he pays for the protection from pain that he got by insulating himself with cynicism.

The Narcissist needs to realize that being able to accurately assess the world around him and dealing with it in an effective manner are the major components of self-esteem and self-worth. If the narcissist can accept that, he is capable of making mistakes like everyone else, his work and relationships will improve significantly, his inherent energy will be more effectively used.

Mr. Nice Guy needs to recognize that his behavior is self-defeating. He wants to be liked yet his behavior is so inconsistent that people have no respect for him as a boss. He needs to understand that until he can recognize his responsibilities as a supervisor and accept himself, he will be at the mercy of the group that he represents. This inability to take a firm stand will decrease his sense of self-worth even further.

If you do have some of the "carrier" characteristics, don't despair—there are some things that can



be done about these patterns of behavior but don't expect change to come easily.

- Note when these patterns occur and which circumstances provoke them.
- Look for alternatives to these behavior patterns.
- Seek help from others in modifying these maladaptive behavior patterns.
- Use self-talk and cognitive rehearsal to practice these modified behaviors. Practice what you want the outcome to be, not what always has been the consequences!

Now that we have seen how some carriers manifest themselves in the organizational setting, let's look at the survivors.



SURVIVOR

A survivor in the organization is characterized by the following:

- displays a diversity of accomplishments and does his homework when faced with a new problem.
- develops his own style and remains calm under stress.
- is outspoken without offending anyone.
- knows his own strengths and weaknesses, and can handle his mistakes.
- has his emotional life in order—both at home and at work.
- has put away some “I quit” money—this is to prevent being trapped in an intolerable situation.
- develops a professional network, one which links friends and associates together. This cannot be done overnight—it must be accrued gradually.
- has learned to delegate and to develop trust.
- has learned to keep his mouth shut regarding gossip while maintaining his sense of humor.
- has learned to pick his fights—he has learned that to win the war every battle does not have to be won.

STRATEGIES FOR SURVIVORS

For those *supervisors* who would like some positive guidelines that can be integrated into your own personal philosophy of life, the following are suggested:

- Give recognition to those around you for their accomplishment.
- Give power away. Let subordinates do what they are able to do; coach them rather than acting like a boss.
- Look beyond the behavior of those around you to understand their actions—negative attention-getting behavior often comes from insecurity, or a basic loss of self-esteem or self-worth.
- As a supervisor, accept your responsibilities—make decisions and provide your team with the resources to accomplish the job. Your job is to get the job done, not to do it! Although mistakes are not made when decisions are not made, there is also no motion, no feedback, and, subsequently, no progress, no hits, no runs, no errors, and nothing is accomplished.

For those *workers* who are more concerned about how to survive the intolerable boss, here are some general principles that may help you through those days:

- Search for common ground between you and your boss—it's too easy just to blame everything on him rather than giving him the benefit of the doubt.
- Failing that, attempt to get out of the mess—coping with adversity reveals one's stress tolerance. Composure under stress characterizes survivors.
- Try to modify behavior, both yours and your boss's—look in the mirror and see if you may be the intolerable one!
- Consider whatever happens as a learning experience—most of us can learn ways of coping with the boss or at least learn what not to do when you become a boss.

IF ALL ELSE FAILS

If all the above techniques fail you, leave the situation or the job. No one should remain in a truly intolerable situation, the mental and emotional cost is too high. But if leaving is not financially feasible and since going to the mat with the boss is seldom conducive to a long or lustrous career, keep your head low and practice some of these survival techniques:

- Master yourself. Learn to control your feelings of anxiety and self-doubt—remember not everything is your fault.
- Practice positive talk about yourself. For example, you are competent and valuable but the situation is not conducive to productive behavior.
- Share the stress with others in your work group. But be careful! not to become a carrier of stress to others. Focus on solutions and constructive alternatives.
- Negotiate. Many people feel that directives and deadlines are inviolate. Don't lose sight of the fact that you have options. This process puts you in control.
- Relax. When faced with the inevitable or irrevocable, don't beat up on yourself—you come out a loser. Never lose your sense of humor.
- Remember. Self-worth and self-esteem must be given to yourself unconditionally. Don't attach strings to those qualities by outdoing others or yourself—this is not true self-acceptance.



CONCLUSION

The majority of problems that occur in the workplace do not originate there, but are brought there by employees. When we have a clear view of the problem, we are in a better position to communicate and behave in an appropriate and potentially helpful manner to assist the individual and the organization in achieving its potential.

The organization must recognize that guidelines for acceptable behavior must be part of its culture or tradition—the rules of conduct. Acceptable behavior must be infused into the organizational structure and instilled in supervisory personnel. Membership in the command consists of absorbing a set of traditions, ways of doing things, ways of dealing with others, values and expectations. These traditions set employees free from the necessity of repeatedly re-inventing the wheel each time a problem arises. Once these traditions are in place, then we can take certain things for granted and focus our energies on the real problems of the organization.



As members of the 766th Military Intelligence Detachment look on from the background, Col. Lackey passes the Detachment Guidon to Lt. Col. Ford, the new commander. (Photo by SP4 Paul J. Albrecht)

Change of Command at the 766th

By Sgt. Garland Marks

Recently, the command of the 766th Military Intelligence Detachment, 66th MI Group, was passed from Lt. Col. Stuart A. Herrington to Lt. Col. Terrance M. Ford.

Ford was commissioned upon graduation from the Citadel in 1967. His military education includes the Armor Officer Basic Course, the Basic Airborne

Course, the Counterintelligence Officer Basic Course, the Defense Language Institute German Course, the Command and General Staff College, and the British Army Staff College, his last stop prior to arrival at the 766th. He has a Master of Arts in Political Science from the University of South Carolina.

Ford's service includes duty in

the United States, the Federal Republic of Germany, and the Republic of Korea. His previous commands were at the Wilkinsburg Recruiting Area, Pittsburgh Recruiting Battalion; the 359th Army Security Agency, 2d Armored Cavalry Regiment; and the 502d MI Company (CEWI), 2d Armored Cavalry Regiment. Ford's decorations include

the Meritorious Service Medal (1st Oakleaf Cluster), the Army Commendation Medal (4th Oakleaf Cluster), and the Army Achievement Medal.

In his farewell remarks, Herrington said he was proud to have commanded the 766th. He cited as one of his finest moments his designation by a group of professional associates as an honor-

ary citizen of the city of West Berlin.

While Herrington spoke, the soldiers of the 766th stood before him at "parade rest." He complimented the soldiers on their professionalism, making mention of the flexibility they displayed during his command and their performance of a wide variety of missions in support of the Army.

After Herrington completed his remarks, the new commander spoke. Ford stated that he and his family were happy to be in West Berlin. He said it was an honor to be chosen to command the 766th, which enjoyed an unsurpassed reputation. He thanked Herrington for having the unit in position to move with confidence to the challenges which lay ahead.

Former commander given award

By Sgt. Garland Marks

Upon relinquishing command of the 766th MI Detachment, Lt. Col. Stuart A. Herrington was awarded the Meritorious Service Medal (Third Oakleaf Cluster). The award was presented at the Harnack House in West Berlin May 27. Col. John G. Lackey III, commander of the 66th MI Group, presented the award. Maj. Gen. John H. Mitchell, U.S. Commander Berlin, was present as well as members of the 766th and representatives of French, British and American security services.

A portion of the award citation read, "Herrington's exemplary leadership, unsurpassed professional skills, and sensitivity to the needs of his unit forged a counterintelligence organization which epitomizes military preparedness and professionalism and compiled a record of achievement second to none."

Other passages mentioned Herrington's soldier-oriented con-

cerns. The citation noted that Herrington, on more than one occasion, opened the doors of his own quarters to provide free lodging to visiting relatives of 766th soldiers.

Herrington had achievements that were not on the citation. To name but one, the annual Christmas greetings sent by Herrington to the parents of unmarried 766th soldiers. These were not just "Merry Christmas" notes scribbled by an officer too busy to care. They were highly personalized letters praising the work being done in West Berlin by the son or daughter of those particular parents.

Herrington's award-winning ways are not restricted to the military. In November 1985, he was inducted into Duquesne University's Century Club of Distinguished Alumni. No other military officer was ever honored in this way by Duquesne.



Lt. Col. Stuart A. Herrington



Military wife honored

Poni B. Carter was selected by the Saessak Society of Korea as the "Greatest Mother of the Year" for 1985. Carter is the first foreigner to receive this award since the society came into existence 25 years ago.

Carter is the wife of Lt. Col. Ronald W. Carter, commander of the U.S. Army Field Station Korea.

Since her arrival in Korea in 1982, she has been deeply involved with the Korean orphanages and has made concerted efforts to find homes for numerous Korean orphans. She frequently entertains children in her home and has been instrumental in the adoption of 10 handicapped children by American families. Because of her true concern and selfless efforts to help the Korean orphans, Carter is frequently referred to as "Orphanage Mother."

The Carters have two sons, Barry and Bryan, and have four adopted Korean daughters. They adopted Teal ten years ago, and since arriving in Korea in 1982 have adopted Brooke, Jonne and Quinn. The Carters are in the process of finalizing the adoption of their fifth daughter, Kim.

Editor's note: Story submitted by members of Field Station Korea.

Left: At Field Station Korea, Greatest Mother of the Year Poni B. Carter talks with Korean children. (U.S. Army photo)



Trophy winner

Field Station Berlin wins award three different times

By Lt. Col. Richard P. Holk

The Travis Trophy for 1985 belongs to Field Station Berlin. Having won the 1973 and 1981 awards, Field Station Berlin has received the award more often than any other Army unit.

In a message to the station's soldiers and civilians, Maj. Gen. Harry E. Soyster, INSCOM's commander, said, "It was a great day for the Army! I was honored to stand on the stage with Col. [Kenneth D.] Roney as he accepted the Travis Trophy for the most outstanding unit contribution in support of the U.S. cryptologic effort by a field station for the past year."

Roney received the award from Army Lt. Gen. William E. Odom, director of the National Security Agency and Central Security Service.

Field Station Berlin also was the Army's nominee for the Travis Trophy Award in 1982.

Commending the people of Field Station Berlin, Soyster said, "Your dedicated service and hard work have paid big dividends for the Nation. . . . It was a great team effort and I extend congratulations from a proud command to all of you."

The 525th Military Intelligence Brigade of XVIII Airborne Corps won the Director's Trophy Award for calendar year 1985.

The Travis Trophy, originally an athletic award, was presented first by Sir Edward Travis, K.C.M.G., to the U.S. Army Security Agency and the U.S. Naval Communications Supplementary Activity in 1945.

From the late 1940s until 1964, the award was inactive. Then, during a 1964 visit to Arlington Hall Station, Va., Air Force Lt. Gen. Gordon A. Blake saw the Travis Trophy and decided to use it again.

Blake, then Director of the National Security Agency, reactivated the annual award to honor the

cryptologic field station which made the most significant contribution in the areas of operations, management, administration or suggestions.

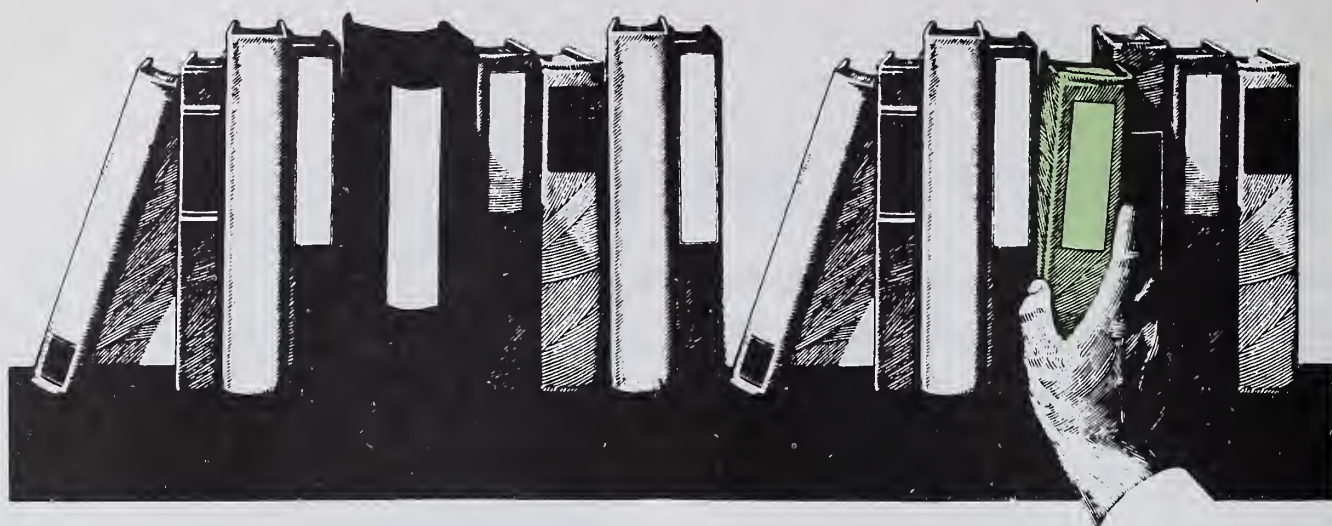
Other Army winners have been the 313th U.S. Army Security Agency Battalion (Corps), 1965; 509th USASA Group, 1967; USASA Field Station Udorn, 1970; Consolidated Security Operations Center, San Antonio, 1975 (won jointly by the USASA Field Station, San Antonio, and 6993rd U.S. Air Force Security Squadron); USASA Field Station Sobe, 1976; 470th Military Intelligence Group, 1977; and U.S. Army Field Station Misawa, 1980.

Vice Adm. Bobby R. Inman, then Director, NSA, started the Director's Trophy in 1980. The trophy recognizes outstanding performance by an American cryptologic mobile unit working in direct support of military commanders.

Army winners have been Task Force 138, U.S. Southern Command in Panama, which won for 1982, and the 224th MI Battalion (Aerial Exploitation), 1984.

Other units nominated for the 1985 Travis Trophy included the U.S. Naval Communication Station Spain and the 6931st Electronic Security Squadron, Iraklion Air Station Crete (Greece). Activities nominated for the 1985 Commander's Trophy were the Second Radio Battalion, Fleet Marine Force, Atlantic, Camp Lejeune, N.C.; the Navy's REGENT MATE WEST, Barbers Point, Hawaii; and the Air Force's 6990th Electronic Security Group, Kadena Air Base, Torii Station, Sobe, Okinawa, Japan.

In concluding his message to Field Station Berlin and INSCOM commanders worldwide, Soyster wrote, "Congratulations on yet another achievement."



Education opens door

By SP4 Tammy Howell

"An education is yours. No one can take that away from you. Pursue it! Reach for it!"

This quote from Col. Leland J. Holland, commander of Vint Hill Farms Station, stresses the importance of "Reaching for Excellence," the theme approved by the Secretary of the Army to remind soldiers of the importance of education to the Army as well as to the individual soldier.

Education Centers have a variety of educational programs to meet the soldier's needs. The Vint Hill Education Center is no exception.

According to Peggy Shull, education services officer at Vint Hill, the Education Center staff's main goal is to consider an individual's career and educational goals and to develop a program specifically designed for him.

Not only is education important for promotion and service school selection, it is critical when one begins to locate a job in the civilian community.

Some of the programs available at all Education Centers are testing for college credit, college courses offered on and off post, military testing such as ASVAB and CLEP tests, language preparatory materials, and much more.

Correspondence courses, a favorite among soldiers, have a high enrollment at Vint Hill Farms. The Education Center averages 40 to 50 enrollees in the courses each month, but in January 1986 there was a record of 100 soldiers and DA civilians en-

rolled, according to Shull.

Education Centers also provide assistance to soldiers preparing to go before promotion boards, she said. By coordinating with the post sergeant major, CSM Clarence J. Hopson at Vint Hill, the Education Center staff has developed a study guide for these soldiers and it is now available for use at the Center.

Education Centers provide Military Occupational Specialty instruction and Skill Qualification Testing preparatory material to soldiers through its MOS Library and Learning Resource Center.

Another program, the Advanced Skills Education Program, randomly picks courses from local colleges and adapts them specifically for soldiers. This program is an excellent way for noncommissioned officers to improve their management and communication skills, Shull said.

Many of the programs offered at the Education Center are free to the soldier.

Even with the large variety of educational programs offered, some may still ignore the importance of education. But think ahead when you're striving for promotion and you're told, "I'm sorry. We have only two slots for sergeant open and the other soldier who qualified has a long list of education achievements in his personnel file."

Most posts and stations have education centers. Visit yours today. By taking that step today, you'll be glad tomorrow that you did!



Meet 'the Mayor'

By SP4 Wanda Gowan

Who is Jimmy? Well, he's the mayor and this is no television show.

Jimmy R. Doores with 13 years as a warehouseman at Vint Hill Farms Station is like a Boy Scout wearing grown-up clothes. He's a happy-go-lucky 276-pound man. Sporting a caterpillar mustache surrounded by chubby cheeks, Jimmy always has a genuine smile and a cheerful greeting for anyone he meets.

His hearty laughter is a definite plus not only when he goes about his daily work, but also when he is going out of his way to help someone. This happens often! "He even gets into trouble sometimes," according to Darlene Pfister, sales clerk at a local store. That's not surprising because there is not a hesitant bone in Jimmy's body when he sees someone who needs assistance.

'I enjoy it'

"I'll tell ya, I enjoy it. I like helping people and I guess I've helped a lot of them," Doores said. "I guess that's why Col. Holland laid the nickname 'the mayor' on me."

"I figure that nobody can make it in this world by themselves. I have yet to meet anyone who can," he commented. He explicitly stated that he gets very angry when people misinterpret some of the things he does.

Doores is a native of this area. He grew up in Warrenton, Va. and attended William C. Taylor High School. "He's gotten a little grouchier but he's OK," said Regina Pollard, a former school-



Mr. Jimmy R. Doores

mate. The six foot, one-and-one-half-inch handyman explained that he just tries to be himself every day, to get along with others and not cause any problems.

Not having any children of his own, Doores explained, may justify his love for them. He is often seen with an army of kids jumping up and down around him soliciting hugs or a playful boxing match.

Bowls 185 pins per game

His other favorite pastime is bowling. He bowls six days a week. "It's amazing, isn't it? I'm getting better every time I roll the ball!" he exclaimed. His overall average is 185 pins per game.

Doores also revealed that he is a "pretty darn good saxophone

player." But of course he hasn't touched a horn since he picked up a bowling ball. When he came to work at Vint Hill, according to Doores, he used to be in a little quartet that played at the library. That didn't last long, he said, and as usual, "time marched on and so did everyone else."

"The Farm has changed a lot," said Doores. "People don't get together here like they used to. Everyone is taking off somewhere else."

Time will go on and faces will change rapidly here on the Farm, but "the mayor" will be here, helping where he is needed and spreading smiles and laughter throughout the post. "I like being accepted for myself and that's the main thing I want to be—Just Me!" Doores stated firmly.

Safety belts make a difference

A soldier was riding in the front seat of a car being driven by a friend. As they drove through an intersection, an oncoming car turned left in front of them. The cars collided head on. The soldier was killed when his head went through the windshield. He was not wearing a safety belt.

Another soldier was driving north on a two-lane road. His wife was riding beside him on the front seat. As they topped a hill, a southbound car crossed the double, no-passing lines and collided with the soldier's car. His wife

was killed instantly. She was not wearing a safety belt.

Neither of these drivers caused the accident, but both were seriously injured and their front-seat passengers were killed in head-on collisions. Safety belts could have made a difference.

The Army is making the wearing of safety belts a requirement for soldiers and civilian employees of the Army. A revision to the Army regulation on the prevention of motor vehicle accidents requires soldiers to wear safety belts while driving or riding in a privately-owned vehicle both on and off Federal installations. All civilian employees are required to wear safety belts while driving or

riding in a privately-owned or government-owned vehicle on Federal installations at all times and off Federal installations while the vehicle is used for official business.

Under the new regulation, installation commanders are responsible for ensuring the use of passenger and child restraint systems on Army installations consistent with state or host nation laws.

Although the revision to the regulation had not been published at the time, last March General John A. Wickham Jr., Army Chief of Staff, directed immediate compliance with the safety belt requirement.

To focus attention on the requirement for soldiers and civilian workers to wear safety belts, an Armywide campaign promoting safety belts began with the Me-

**get the
Safety Belt Habit**



wearing safety belts required for soldiers and civilian Army employees

morial Day weekend and will continue through Labor Day. The theme of this campaign is "Get the safety belt habit, it's a snap."

If you haven't yet gotten into the habit of wearing safety belts and requiring all your passengers to buckle up all the time, take the following steps to make safety belts a habit.

- *Tell others in advance.* Announce to your family and friends who often ride with you that you intend to start wearing your safety belt every time you ride in a vehicle. By doing this, they will keep the pressure on and remind you if you forget.

- *Make buckling up a specific step in your entry sequence.* Over the years most people have developed a set routine for entering and starting their vehicles. Make buckling up a part of your routine. Safety experts recommend

you buckle up as soon as you're seated, before you start the engine.

- *Buckle up religiously, regardless of distance.* Wear your safety belt EVERY time you get in a vehicle, no matter if you're only going a few blocks.

- *Insist your family buckle up.* If you have children, take them aside and seriously explain why wearing safety belts is important. Then insist they buckle up. You can be sure they'll notice if you don't and remind you when you forget.

- *Make yourself a cue card.* During the first week or two when you are trying to establish your new habit, you may need to be

reminded. Make a small sign that says "buckle up" and hang it on the steering wheel as you are about to get out of your vehicle. Then the next time you get in your vehicle, it will be there to remind you.

- *Concentrate the first 2 weeks.* Make an all-out effort to use these techniques for at least 2 weeks. You will soon form the habit of buckling your safety belt every time.

Editor's note: This article was submitted by the U.S. Army Safety Center, Fort Rucker, Ala.

It's a Snap



CHAMPUS health care

helps pay for care that your family may need in civilian community

By Dave Potts
CHAMPUS Public Affairs Officer

At some point during your military career, you and your family can expect to be assigned to a "remote" area—or an area where the services of military clinics are not available. It might be halfway around the world—or in the next state. But clearly, this duty assignment is different because there may be no military hospital nearby.

When you've spent a good part of your life getting the health care your family needs at service hospitals and clinics, the prospect of "losing" that benefit temporarily can be a bit scary. But, rest easy: You also have CHAMPUS to help with your family's health care costs; and there are helpful people just about anywhere you're likely to go, ready to explain the program and assist you in using it.

CHAMPUS—the Civilian Health and Medical Program of the Uniformed Services—helps pay for most kinds of care that your family is likely to receive in the civilian community.

CHAMPUS is one of the best health benefit programs around. But it isn't free, and it isn't all inclusive. There are limits for certain types of care, and some care isn't covered at all. And, you will have to share the cost of the civilian medical care your family receives.

For all of the above reasons, and others besides, you should get to know your nearest health benefits advisor. Health benefits advisors are located at most military medical facilities and can also be found in some other units; they should be able to answer your questions about CHAMPUS and about other aspects of your military health benefits.

Here are some common questions about CHAMPUS . . . and their answers. The answers may be important to you and your family during your remote duty assignment:

Q. Who is eligible to use CHAMPUS?

A. Spouses and children of active duty service members (the active duty members themselves are *not* eligible for CHAMPUS), military retirees and their spouses and children, the surviving family members of deceased active or retired military, and certain former spouses of active or retired military.

Q. How do we find a doctor who knows about CHAMPUS?

A. Upon arrival at your new command, check with the health benefits advisor. He or she may have a list of providers of care who usually participate in CHAMPUS. You might also inquire at the personnel office. No doubt some local military families have had to use CHAMPUS and know which doctors usually participate in the program. Also, as you get acquainted with people at the base, ask if they can recommend a health care provider who participates in CHAMPUS. Or, you can call doctors listed in the telephone book and ask if they would accept your family as CHAMPUS patients and participate in CHAMPUS.

Q. You mention doctors who "participate" in CHAMPUS. What does that mean?

A. Providers of care who "participate" in CHAMPUS agree to accept the amount CHAMPUS allows for a certain type of care (also called the "allowable charge") as their full fee for that care. They also file the CHAMPUS claim for you. CHAMPUS, in turn, pays its share of the costs directly to the provider of care. You're responsible only for paying your family member's cost-share of the CHAMPUS-determined allowable charges of the medical bills to the provider, as well as the annual deductible for covered outpatient services and supplies (the first \$50 of allowable charges during a fiscal year for one



person, the first \$100 for a family). You also pay the full cost of any care (such as chiropractic care) that isn't covered by CHAMPUS. Most hospitals participate in CHAMPUS, and many individual providers of care do also.

Q. Suppose the doctor won't participate?

A. It's still OK to go to that doctor. But you'll be responsible for paying the entire bill, then filing the CHAMPUS claim yourself. CHAMPUS will send you its share of your family member's medical costs—minus any part of the annual deductible that still hasn't been satisfied.

Q. Where do we get claim forms?

A. Your health benefits advisor can give you the forms, tell you what other papers might be needed, tell you where to send the forms and answer any other questions about CHAMPUS. The advisor can also help with questions you have about filling out the claim form—but be sure to read the instructions thoroughly before completing the form. CHAMPUS claims processors can also provide claim forms and can answer questions about the program.

Q. Where and when do we send in the claim?

A. Claims go to the CHAMPUS claims processor for the state or country where your family member received the care, no matter where you live. Send your CHAMPUS claim forms to the claims processor as soon as possible after the care is received. The sooner your CHAMPUS claims processor gets the claims and other necessary papers (such as itemized bills), the sooner you or the provider of care will be paid. You can get the claims processor's name, ad-

dress and toll-free telephone number from any health benefits advisor or from OCHAMPUS, Aurora, Colo. 80045-6900.

Q. What do you mean by the "annual deductible?"

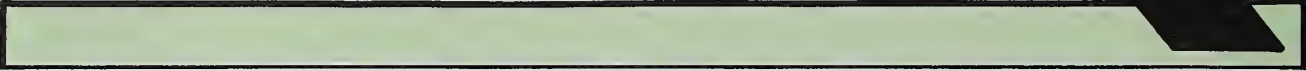
A. Each CHAMPUS-eligible person must pay the first \$50 worth of allowed charges on medical bills for outpatient care in each fiscal year (Oct. 1 through Sept. 30). The maximum deductible for a family is \$100, no matter how many members it has. It's called the "deductible" because the claims processor deducts it from the amount it pays on the first claims it receives from your family after Oct. 1 each year.

Q. What about maternity benefits under CHAMPUS?

A. Your dependent may have the baby in a civilian hospital, in an approved, hospital-based birthing center or at home. Where she has the baby—or plans to have it—will be the determining factor in how the care will be cost-shared. You'll share the cost for maternity care on either an inpatient or outpatient basis. NOTE: If you are discharged from active duty while a family member is pregnant, CHAMPUS does not cover any maternity care after the day of discharge.

Q. Where can I get more information about the CHAMPUS program?

A. Ask your health benefits advisor for a CHAMPUS Handbook, or write to CHAMPUS headquarters for a copy (OCHAMPUS, Aurora, Colo. 80045-6900). The handbook will give you a good idea of what the program is all about. Remember—the time to learn about CHAMPUS is *before* you need it.



Personnel Qualification Records

permanent and formal record of individual qualifications

Soldiers are continuing to underestimate the importance of their individual personnel qualification records, according to SGM James M. Welsh of MILPERCEN's Enlisted Personnel Management Directorate Engineer Branch.

These records, which are often referred to as DA Forms 2 and 2-1, are the key to a soldier's career. They stand as a permanent and formal record of individual qualifications, past and present duty assignments and a host of other data as required by AR 640-2-1.

"When the information in these records is out of date or incorrect, it can result in assignment difficulties for the soldier," Welsh said. "Incorrect information could also influence a Department of the Army board to not select the soldier for advanced schooling and promotion."

Continued discrepancies in the 2 and 2-1 give the impression that soldiers are not taking their careers seriously. For example:

- Outdated records accompany personnel requests to MILPERCEN.

- The DA Form 2 does not have the same information as the Form 2-1.

- The Enlisted Master File reflects other contradicting data essential to assignment managers.

"Members of Army selection boards have been commenting for years about conflicting data found in the Forms 2 and 2-1 and evaluation reports," Welsh said.

"They will sometimes note, for instance, that a soldier at age 32 weighed 150 pounds and was 66 inches tall," he continued. "At age 37, the soldier now weighs 180 pounds and somehow grew to be 68 inches tall."

Such discrepancies are also found in duty assignments, where the 2, 2-1 and latest evaluation report all show different duty positions.

"Soldiers seem to be failing to take charge of their careers because they believe that the system will always take care of them," Welsh said. "That may not be the case."

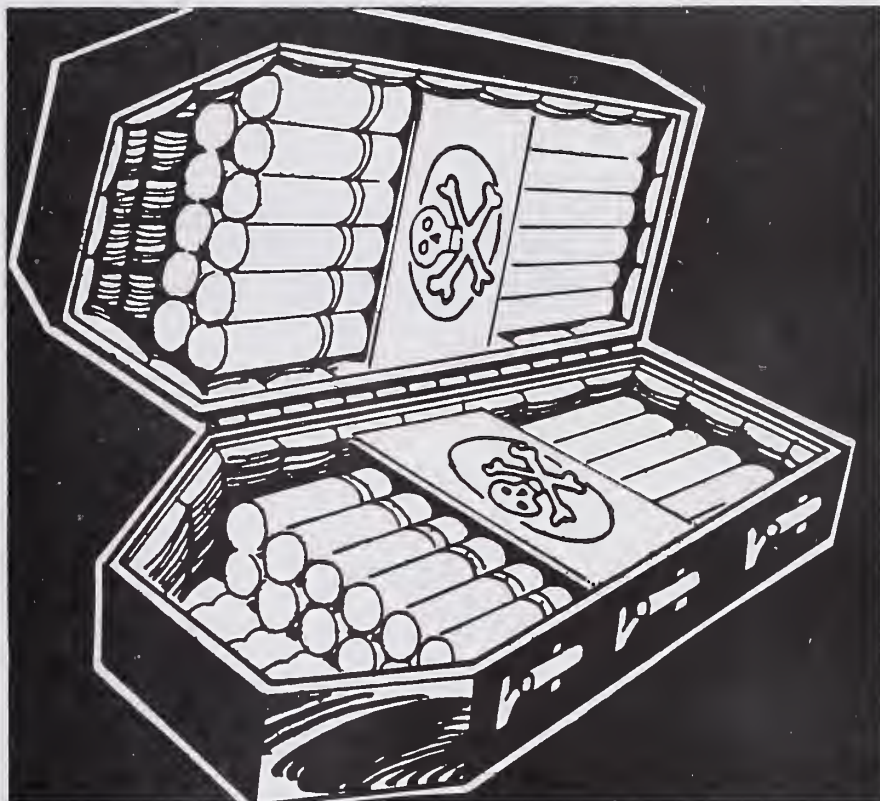
Although record custodians have the responsibility to maintain personnel qualification records, total accuracy is not possible without the involvement of each soldier. There are too many items required on the two documents to leave their accuracy to the records clerk at the personnel office without participation by the soldier.

"Only the soldier can cure these problems," Welsh said. "Although Update 7 to AR 640-2-1 no longer requires an annual audit of the DA Forms 2 and 2-1, it is important that all soldiers take control over their futures by carefully reviewing these important records at least once a year."

Editor's note: This article was submitted by the U.S. Army Military Personnel Center Public Affairs Office.

Anti-smoking campaign

by Evelyn D. Harris
American Forces Information Service



Health-minded service members will be getting more support than ever before. In addition to an anti-smoking campaign, a new DoD directive outlines the health promotion and education program for physical fitness, nutrition, alcohol and drug abuse, hypertension (high blood pressure) and stress management.

Some highlights of the health promotion program directive (No. 1010.10, 11 March 1986):

- Smoking prevention and quitting programs aimed at creating an atmosphere that discourages tobacco use will be provided.

- Smoking will be prohibited in auditoriums, conference rooms and classrooms, buses, vans, elevators and, unless adequate space

and ventilation to ensure a health environment is available for nonsmokers, in eating areas and common work areas.

- DoD components will not participate with alcohol and tobacco manufacturers and distributors in promotional programs, activities or contests aimed primarily at DoD personnel. (However, military people will be allowed to run in races sponsored by the alcohol or tobacco industry for the general public.)

- Commanders are to consider integrating physical fitness regimens into normal work routines for military personnel. The chain of command will support community fitness promotion activities.

- In military dining facilities, where feasible, calorie informa-

tion will be made available. So will reduced-fat, -salt and -calorie meals. Concessions and vending machines should offer nutritious alternatives such as fresh fruit, fruit juices and whole grain products.

- Military physicals and annual dental exams will include hypertension screening. Each DoD medical facility will periodically offer mass hypertension screenings for all DoD beneficiaries.

- Education on such topics as alcohol and drug use during pregnancy, driving while intoxicated, adolescent alcohol and drug abuse, and misuse of alcohol and other drugs, with emphasis on eliminating illegal uses, will be required.



Pests

nuisance pests, you try to control; health threat, call pest control people

By Evelyn D. Harris
American Forces Information Service

Rats. Mice. Roaches. Ants. Silverfish. House flies. Unpleasant as these pests may be, we still have to deal with them from time to time. While good housekeeping may discourage them, pests have a way of becoming—pests.

Policies for controlling pests in family housing vary from installation to installation, but generally it comes down to these rules of thumb:

1. Uncle Sam wants you to try to help yourself first if the problem is classified as a "nuisance pest." Since there is only so much money to spend on pest control, your efforts—using free materials provided to you—are necessary and appreciated. If your own actions are unsuccessful, your installation has access to well-trained, fully equipped pest control people who will come in and do the job.

2. On the other hand, if the problem is considered a threat to health or property don't try to

deal with it yourself. Follow your installation's procedures to get the pest control people to do the job.

Rats, of course, are considered a threat to health. Other health-threatening or property-threatening pests include bats, termites, snakes and skunks. For these, don't try self-help.

"Nuisance" pests include most kinds of roaches, ants, silverfish, house flies and house mice. "Although the potential for disease is there, no major disease outbreaks have been traced to roaches. Therefore, they are considered nuisance pests," said Dr. Robert Bielarski, chairman of the Armed Forces Pest Management Board.

Safe, effective materials for pest control are available at no charge through Army self-help stores, Navy and Marine Corps housing office self-help desks, and Air Force U-Fix-Its. The materials provided have been approved by the Armed Forces Pest Management

Board—a group of military and civilian experts who advise on all matters of pest management, from ensuring that meals-ready-to-eat don't get infested with disease-bearing bugs to how to help people in family housing with their pest problems. Here are some of the methods the board recommends as a first line of defense against some unwelcome guests:

Roaches

Roaches prefer warm, dark, out-of-sight areas where there is a good source of water and food. They are flat (and can make themselves flatter), fast-moving insects, which are active at night and hide during the day. The United States is home to several varieties: American, German, Oriental and brown-banded. Female roaches lay eggs in out-of-the-way places, so if you don't get the eggs, you may have a new crop of

roaches in a few weeks.

Apply self-help insecticides to areas where roaches hide, such as cracks in the kitchen and bathroom walls. Spray along and behind loose baseboards and molding strips, window and door frames and areas where pipes go through halls and floors. Spray in cracks and crevices around, under and inside cupboards and cabinets—but be sure to remove food and kitchen utensils first! Wait until the spray is completely dry, and put in fresh shelf paper before putting food and dishes back.

Ants

Ants don't live inside, so the ones you see are gathering food to take to their nests outside. To discourage them, keep counters and floors free of crumbs, don't leave dirty dishes lying around, and cover food containers completely. Spraying along the windowsill, doorstep and other possible entry points will also help.

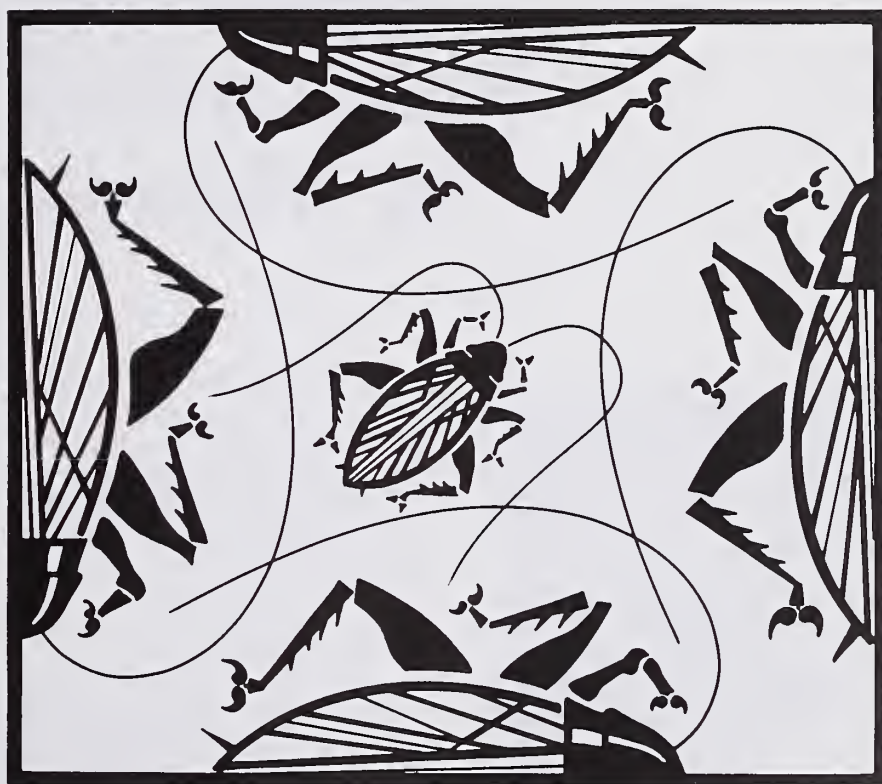
Don't confuse flying ants with termites. Termites differ from winged ants by having a straighter body and no pinched "waist." Ants have a "waist." If you think you have termites, call the pest control service.

Silverfish

Silverfish feed on wallpaper, book bindings and starched clothing. To get rid of them, spray in areas where you see them—usually closets, under sinks and in cool, damp places such as basements. You can also treat baseboards.

House Mice

Mice usually come in when the weather turns cold. They eat almost any food and damage goods in search of nesting material. To



keep mice out of the house, seal any holes in the walls, floors and foundation of the house. Keep foods, including bird seed and pet food, in tightly sealed containers. Mice are no more than 3½ inches long, and their droppings are tiny. They can usually be eliminated by use of snap traps. Before setting one, however, put a small portion of bait—such as peanut butter or gum drops—on the trigger surface of the trap. Place it at a right angle to the wall with the trigger mechanism toward the wall. Make sure to place the trap

where children and pets can't get at it.

House Flies

The best way to keep flies out of the house is to keep door and window screens in good repair, and to practice good sanitation both inside and outside. (Outside sanitation means keeping garbage cans tightly closed and promptly removing pet droppings.) Occasionally a fly may follow you into the house. It's best to use a fly swatter if you only have a few flies.

Snow-Golf Tournament at Misawa

by Maj. Julian H. Martin Jr.

In 1985 the soldiers of the Army Field Station, Misawa began an all-out effort to combat the effects of the heavy snows and cabin fever which can set in here in northern Japan. Two annual events were initiated, the Slip-and-Slide Softball Tournament and the Snow-Golf Tournament. Both events provide the opportunity to get out of the house, blow off some steam and forget the frustrations of work. Both have been well received and overwhelmingly supported.

The Slip-and-Slide Softball Tournament is a 16-man team, double elimination event held over one weekend. With several feet of snow on the ground, the games are played without regard to snow conditions. The only concession to the elements is the use of an orange softball. In two feet of snow, nothing is routine; running the bases or looking for a routine fly ball that dropped in the snow become tasks worthy of any episode of *Candid Camera*.

Almost 300 players and hordes of spectators have joined in the hilarity in the last two years.

The Snow-Golf Tournament is an individual and two-man team competition covering a nine-hole course specially constructed by our soldiers. Annually, the course is laid out to be a challenge to even the best snowgolfer. The "greens" are packed down to provide a smooth putting surface; the holes are dug and reinforced with number 10 coffee cans; and the hazards are provided by the snow and footprints. Each contestant is allowed to use one club and the ball is a tennis ball. Winter rules are in effect and every ball hit may be lifted and placed prior to the next shot. In spite of the conditions and equipment, the real golfers seem to have an edge on the competition because low handicappers have won in both years. The participation has increased significantly and over 50 golf fanatics entered this year's competition.

Events like slip-and-slide softball and snow-golf go a long way to counter the cabin-fever caused by the harsh winters in northern Japan. All the participants and spectators have a focus other than winter when the events are being contested. And when the events are over, the coverage by the Far East Network TV Station and *Stars and Stripes* bring back the fun memories of a respite from the cold and snow.

Next year our efforts will be expanded into our own unit PT training. With the recent acquisition of cross-country skis, each platoon will be afforded the challenge of this aerobic activity and winter training. The programs at Misawa seem only to be limited by the imagination of our soldiers.



SNOW-GOLF TOURNAMENT
Maj. Martin tries for the "green"



Slip-and-Slide Softball Tournament at Misawa

By Sgt. Susan Marcus

On Feb. 22 and 23, 1986, the Army sponsored its second annual Slip-and-Slide Softball Tournament. This event is designed to boost morale and combat cabin-fever during the long winter months in Misawa. This year's coordinators were SP4 Walt Crossman and SP4 Glen Menein.

The Army team's first game started bright and early on Saturday morning at 7 a.m. Despite working swings the night before, most of the participants were wide awake. The weather was cold, but because the snow was hard and easy to play on, everyone was hitting and maneuvering

like pros. Our infielders and outfielders let very little pass. The final score against the hospital team was 24-4.

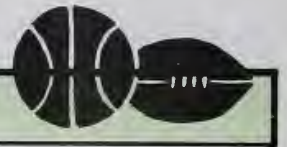
At noon, the Army team played their second game against NAF. By this time, the weather was warm and the snow was beginning to soften. Base runners were hopelessly slushing their way



WHERE IS THE BALL?
Army players digging for the lost ball



HOMEWARD BOUND
SP4 Crossman sliding home



from base to base. The Navy team managed more successfully to overcome the elements and won the close game of 5-3.

On Sunday, the Army team was out early playing against the hospital team. This time they were ready for us. Both teams showed enthusiasm and were ready to go. Due to all the traffic, the bases were sliding everywhere.

Ironically, the only casualty during this tournament was Dr. Parker. While attempting to slide into home, the base slipped out from under him and he broke his ankle. Everyone agreed that this was a high price to pay for a run. He was transported to the hospital and the game continued.

At that point, however, the hospital team lost some of its energy and enthusiasm and the Army team won 15-9.

The Army moved to another field at 10:30 a.m. The snow was deep and soft in the outfield and the infield was cursed with foot holes and ruts between the bases. Since they had lost earlier to NAF, the players were fired up and ready to get even and were

determined to win this game. In the beginning, however, the game appeared to be a blowout with a score of 13-4 in the fourth inning. Somehow, though, the Army team pulled together with some miraculous batting and scored 10 runs. They held NAF scoreless for the remainder of the game and pulled this one through.

The grand finale for the Army team started at 2:30 p.m. against the AKA Base team. They played on the field they were on earlier in the day. The Army players arrived asleep and dragging but willing to give their all. Things were going fairly well until the fifth inning when the AKA team blew the game apart and won 20-5.

Sixteen teams had entered the tournament and the final results were the following:

1st Place: Charlie Flight (6920th ESG)

2nd Place: Mix-ups (AKA Base Team)

3rd Place: Aerial Port Squadron (MAC Guys)

4th Place: Army.

The event was a huge success.



RUNNER SP4 RAKESTRAW
First base straight ahead

Lessons learned at trial camp

By SP4 Tammy Howell

"The competition was awesome," said CSM Clarence J. Hopson, post sergeant major at Vint Hill Farms Station, about his trip to the All-Army Racquetball Elimination Trial Camp May 1-10 at Fort Benjamin Harrison, Ind.

"There were 65 champions there and every one of them was

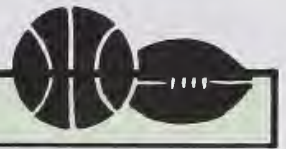
a player. I didn't stand a chance of winning," Hopson said of his defeat a few days into the tournament.

Hopson was ill at ease when he arrived because of uncertainty. "I didn't know what to expect but I had no idea the competition would be that stiff."

Hopson also felt uncomfortable because he was entering the tournament with a major disadvantage. Prior to his departure, he had sent his favorite racquet, an Ektalon CBK, with a friend to the Pentagon to be restrung. "When the racquet was returned to me the case was mine, but when I opened it I pulled out a \$15.95 dime-store special."

Although attempts were frantically made to locate the missing racquet, they were unsuccessful and Hopson was forced to participate in the competition using a racquet he wasn't familiar with.

Hopson said it takes a long time to achieve rapport with a racquet. Because his game is mainly to play by "power," the tension of the racquet is set



tighter so he has more control and the reaction time of his opponent is cut down.

Hopson's friend felt so badly about the missing racquet that he recently sent an identical racquet to Hopson, which was presented by Col. Leland J. Holland, commander of Vint Hill Farms.

The Richmond, Va., native, who began playing racquetball in 1981 at the Sergeant Majors' Academy, said he feels another factor in his early defeat at the tournament is that he doesn't practice as much as he used to.

"At the Academy and when I was stationed in Schweinfurt, Germany, I practiced at least two hours a day, seven days a week." That practice paid off when he

claimed the championship at the 1984 Christmas Open and in the 1985 Men's Masters. Since arriving at Vint Hill he has lowered his practice time to three or four days a week.

"Since I'm not practicing as much and since there isn't a lot of competition here, I have become relaxed and lazy and, as a consequence, my ego took a major beating at Fort Benjamin Harrison," he said.

Another factor, Hopson said laughingly, was that during his first practice game at the tournament he played Dave Arnold, the All-Army champion for the past five years and the present U.S. Army-Europe champion. "He walked over me," Hopson said.

Has Hopson learned anything from his defeat at the All-Army Racquetball Elimination? "Yes! I'm not going to goof off when I practice any more. I'm going to make each shot count and try to play an error-free game."

He added that he would also like to assemble a team at Vint Hill and compete in tournaments at other posts, and from that team have one All-Army player in each age category.

He wants to find a racquetball club in Washington, D.C., and intends to compete in tournaments over the next nine months to prepare for next year's All-Army competition.

"I want to at least make it to the quarterfinals next year," he said.

Special Olympics at Field Station Kunia

By SSgt. Vicki Ohmacht

It's hard to tell who got more enjoyment out of the recent Hawaii Special Olympics—the athletes or the volunteers.

"Anyone who gets involved with Special Olympics comes away encouraged and uplifted," Sgt. Mark Young of Field Station Kunia said. Young organized a group of Kunians to act as volunteers for the games held Memorial Day weekend at Kaiser High School in Honolulu. The field station delegation included Sgt. Landis Mitchner, Sp4 Don Pinkowsky, Sp4 Bob Davis, Sgt. Leonard Goodboe, Sp4 Debbie Pennuto, SSgt. Greg Horhota, CTT 2 Brad Wolfe, Lance Cpl. Troy Frys, SSgt. Pablo Ramos, and CTTSN Angela Carrillo. All four services were represented, according to Young.

Young's interest in Special Olympics began at Fort

Devens when he volunteered to act as a softball official in the Massachusetts state games. After completing the application for the Hawaii Olympics this year, he circulated copies of the necessary paperwork for other personnel to get involved as volunteers.

The group was put in charge of organizing the opening day parade by Hawaii Special Olympics official Joan Hoernschemeyer. Young and his co-workers organized the line-up, and ensured the athletes stayed in their groups.

"I guess since we were in the Army they figured we knew about marching," Young commented. The volunteers also inflated balloons and "cheered the athletes on," according to Pinkowsky.

Hoernschemeyer said the Kunia volunteers "did



A special Olympian heads for the finish line. More than 700 handicapped athletes from five Hawaiian islands and California participated in the 18th annual state games.

everything that was asked of them, and then even more" during their two-day involvement.

Positive experience

The Special Olympics "was one of the most positive and uplifting experiences I had this year," Mitchner said. "It gave me a good feeling, and it made me thankful for my own health."

"It made me realize how healthy we are," Pinkowsky agreed, "and it also made me realize how important our being there and cheering them on was to the people. I would definitely encourage people to become volunteers next year."

"It makes your troubles seem a lot smaller than you imagined," Wolfe added. "You get up in the morning and complain about driving to work, but at least you can go to work and drive that car. When you see these kids trying so hard [at the Special Olympics] and getting so charged up, you realize

that with all their handicaps, they cope a lot better than we do."

More than 700 athletes competed in 20 individual and team events in the 18th annual state games. Events ranged from track and field to a frisbee disc throw. The Special Olympics stress participation as well as winning. All competitors receive medals or ribbons for their participation.

Recognition

Special Olympic volunteers walk away from the competition with a better understanding of the challenges faced by the handicapped, according to Young.

"You understand the fact that these people aren't patients, but students and athletes. Despite their handicaps, they are still people, they can still have a good time, and they can still compete," Young commented. "The athletes got out there and proved they weren't outcasts, and that they were capable of winning and getting recognized for their achievements."

"The athletes don't want to be thought of as having a disability," Davis said. "They may need a little more help than others, but they make the best of the situation."

The nationwide Special Olympics program was created by the Joseph P. Kennedy Jr. Foundation for the Benefit of Mentally Retarded Citizens. More than one million athletes compete annually in the games that end in worldwide summer and winter Special Olympics. The 1987 International Summer Special Olympic games will be held in South Bend, Indiana. Hawaii will send a delegation of 32 athletes, according to officials.

Special reward

The Special Olympics event is an experience few forget. Local newscaster Kirk Matthews said in a Hawaii Special Olympic newsletter, "No matter how jaded, sophisticated or hardened one might be to the world at large—nothing will touch your heart deeper than being hugged by a Special Olympic athlete at the conclusion of an event. It's impossible to discern who feels better . . . the one giving the hug or the recipient. It's equally impossible to tell which is which."



Brad Wolfe of Field Station Kunia's Naval Security Group Activity congratulates one young winner during the recent Hawaii Special Olympics held at Kaiser High School on Oahu. Field Station personnel from all four services volunteered to act as guides and coaches for the competition.

August 1986

On these pages are U.S. Army photos by SSgt. Vicki Ohmacht.



Determination and heart were constantly on display during the recent competition. The participants competed in 20 individual and team events, and some of the state athletes will compete in the International Games in 1987 at the University of Notre Dame.



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